



Black Bean Brownies

READY IN



50 min.

SERVINGS



12

CALORIES



185 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 12 servings butter for greasing pan
- 0.5 cup chocolate chips mini divided
- 0.3 cup confectioners' sugar for dusting
- 0.8 cup black beans cooked
- 2 eggs
- 0.3 cup flour
- 1 teaspoon hot-brewed coffee instant
- 0.5 cup olive oil

- 0.5 teaspoon salt
- 0.7 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

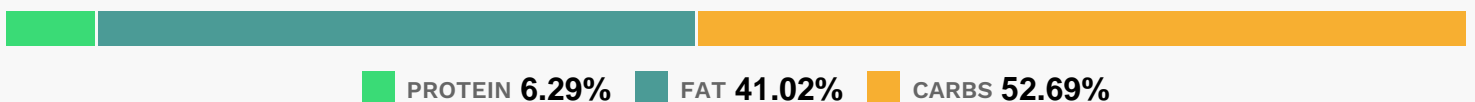
Equipment

- bowl
- frying pan
- oven
- whisk
- blender
- baking pan

Directions

- Preheat the oven to 350 degrees F. Grease a 9 by 9-inch square baking pan.
- In a blender, puree the beans with the oil.
- Add the eggs, cocoa, sugar, coffee, and vanilla. Melt half the chocolate chips and add to the blender. Blend on medium-high until smooth. In a small bowl, whisk together the flour, baking powder, and salt.
- Add to the blender and pulse until just incorporated. Stir in the remaining chocolate chips.
- Pour into the prepared pan.
- Bake until the surface looks somewhat matte around the edges and still a bit shiny in the middle, about 20 minutes.
- Let cool at least 15 minutes before cutting and removing from the pan. Dust with confectioners' sugar and serve.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:10.2, Inflammation Score:-2, Nutrition Score:3.4273912927703%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 184.81kcal (9.24%), Fat: 8.69g (13.38%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 23.24g (8.45%), Sugar: 18.34g (20.37%), Cholesterol: 39.15mg (13.05%), Sodium: 163mg (7.09%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Caffeine: 6.74mg (2.25%), Protein: 3g (6%), Fiber: 1.89g (7.58%), Manganese: 0.15mg (7.26%), Folate: 26.54µg (6.64%), Selenium: 3.96µg (5.65%), Phosphorus: 51.6mg (5.16%), Copper: 0.1mg (5.1%), Iron: 0.89mg (4.93%), Magnesium: 18.57mg (4.64%), Vitamin B2: 0.07mg (3.88%), Vitamin B1: 0.06mg (3.87%), Vitamin A: 181.99IU (3.64%), Vitamin K: 3.77µg (3.59%), Calcium: 29.87mg (2.99%), Zinc: 0.37mg (2.45%), Potassium: 84.2mg (2.41%), Vitamin E: 0.35mg (2.3%), Vitamin B3: 0.33mg (1.65%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.07µg (1.23%), Vitamin B6: 0.02mg (1.19%)